

# Stress Management

**Reduce stress in 45 minutes or less?**



The way we live our lives can have a huge impact on the way that we experience stress. AWC's offer classes and biofeedback sessions that will introduce you to strategies, resources, and techniques for effective stress management. You will be introduced to visualization, breathing techniques and you will learn how to deal with negative thoughts.

## Biofeedback Sessions

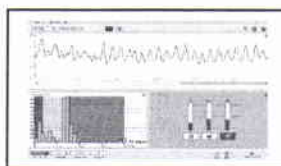
What would you like to improve .....

Your work performance? Your ability to speak in public?  
Your creative efforts? Your health? Your ability to sleep?  
Your peace of mind?

All of these things are affected by the pace and the intensity of life. Let our biofeedback technology help you break through stress that's preventing you from feeling good, being in control, and achieving your goals.

While sitting in a comfortable chair, your heart rhythm will be sent from a sensor at one of your index fingers to the computer. The software then translates the information into user-friendly graphics displayed at a monitor allowing you to watch in real time how thoughts and emotions affect your heart rhythms. We guide you through the first session.

We recommend you use the biofeedback software once a week to increase your ability to relax, and control your emotions. With practice you will be able to use the learned techniques in any stressful situation. You will learn to deal with negative stressors in a positive way.



**AWC**  
**ARMY Wellness Center**  
**Aberdeen Proving Ground**

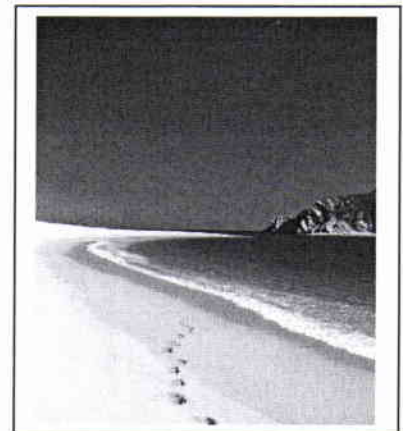
## Breathing techniques help you relax

During stressful situations we rarely stop to think about what is happening within our bodies. Among the many physiological functions adversely affected by stress is our breathing.

When we learn to control our breath, focusing on slowing down the exhalation, we can learn to be in control of stressful situations and lower the adverse impact of stress.

## Visualization is Key!

Using visualizations, or guided imagery, will enhance your ability to relax by changing your inner state from anxious or scattered, to peaceful, serene and centered. Let us guide you through a visualization and you will immediately feel the effects.



Army Wellness Center APG  
Located at Kirk US Army Health Clinic  
Open 0730-1630, M-F  
Call (410)306.1024 to book an appointment